## IN TRAINING THE MIND DO NOT FORGET THE BODY

SCHOOL ROOM EXERCISES TO OVERCOME THE SHAMBLING GAIT, CLUMSINESS, AND IM-PART HEALTH AND VIGOR TO BOY AND GIRLS.

Internal Corrective to Dangerous Ten-dencies — Value of Deep Breathing. Stretching the Muscles and Giving the Heart a Little Extra Work to

By LUTHER H. GULICK, M. D. Director of Physical Training in New York Public Schools.

Ten years after a boy, or a gir-has graduated from grammar school he may have forgotten even such fundamental facts in history as when Columbus discovered America, or the list of the presidents of the United States: he may have forgotten how to solve even a simple equation in al-gebra. But if he left school with an gebra. But if he left school with erect and vigorous body, he probably still retains it. If he left school with a shambling gait, his head poked forward and with ill health or lack of vigor, these have, to a considerable extent, stayed with him. If a girl goes through school and comes out clumsy, her meaning so throughout life are office of the desk, so that school gym-very great. If she comes out of school nastics are needed for two great rea-



extra work to do, Simple exercises, which can be done in two minutes, should be done by the children at the end of each hour. These would tend very largely to ove come the effect of the school desk The exercises which are used in the New York public schools, known as the "two-minute setting up exercise," are as follows:

and once in the afternoon.)

Class stand. The neck should be pressed is merely that of general exercise, ackward against the collar. firmly backward against the collar. Stretching (4 times). Bend the back recess is no longer adequate: If 50 gently forward; straighten the back, children in a class room are to have high and as far back as possible; in the old fashioned way, and there keep the ellows straight. The last are 80 other class rooms that are dopart of this exercise should be done ing the same thing, practically all of with as great vigor as possible. Count these children must remain in their two while the upward position is held. rooms. In a class room that is full Knee bending (8 times). Keep the of desks there are comparatively few trunk erect; bend the knees half way; games of the old fashioned type that

Deep breathing (4 times) as at first.



These exercises are simple. They are rather pleasant than otherwise they have demonstrated their effectiveness. Running around playing tag Two Minute Setting Up Exercise.
(To be taken twice in the morning and once in the afternoon.)

Is a good thing, but it does not accomplish these specific results that are accomplished by the two minute exercise. Some people object to school Deep breathing (4 times). Inhale gymnastics, because they do not un-nd exhale forcibly. The inhalation derstand this precise aim. They think and exhale forcibly. The inhalation derstand this precise aim. They think particularly should be forced to the that the object of school gymnastics

the chest and lift the arms as a 15-minute recess, which is to be used can be played. The furniture does not admir of roughness, and great noise cannot be made. Exercises must be devised which are good for the child-ren, and which can be carried on right in the class room. These are schoo gymnastics. They are not as interesting as the games, nor are they for purposes of relaxation. They are to overcome the effect of the sedentary hours. This work can be done as well, so far as the exercise is concerned, and very much better so far as the relaxation is concerned, if the pupils could have a romp in an old fashioned grassy school yard, but the old fash ioned grassy school yard is not to be found in the city.

School gymnastics justify the time and expense given to them if the boys secure by these means erect, vigorous carriage, and springing, elastic muscles with vigorous health. And for the girls if they become strong and healthy, graceful and gracious in man-

STRONG EVIDENCE OF FAITH. J. H. O'Rielly & Co., Guarantee That Hyomei Will Cure the Worst Case

When one of the most reputable druggists in Albuquerque guarantees that a medicine will effect a cure or he will refund the money, it speaks volumes as to the merits of that remedy. Here is the way that J. H. O'Rielly & Co., are selling Hyomei, the treatment that has made so many cures of both acute and chronic cases

of Catarrh in Albuquerque.

of catarrh in Albuquerque and vicinity.

Myomei is not a pill nor is it a iquid that has to be taken with talespoon or wine glass. Just breather by the aid of an inhaler that comes with every outfit, and the benefit will be seen from the first treatment. The complete Hyomei outfit costs but \$1, and includes an inhaler, dropper, and sufficient Hyomel for sev-

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all kinds of Fresh Meat.

300 North Broadway, Corner of Washington avenue, ALBUQUERUE, N. M. method and prevent catarrhal colds that are so common at this season. The following notaries public have

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Don't wait for an explosion-cook with gas-the humane , way,

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No. 2, Atlantic Express, arrives 7:55 a. m., departs 8:30 a. m. No. 4, Chicago Limited, arrives 11:59 Tuesdays and Fridays; departs 12:09 a. m., Wednesdays and Saturdays.

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Thursdays. No. 7, San Francisco Fast Mail, ar rives 10:30 p. m.; departs 11:10 p. m Southbound.

No. 27, departs 11:30 p. m., connects with eastern trains. No. 7 carries through chair, standard and tourist sleeping cars for San Francisco.

connecting with No. 2, east bound.

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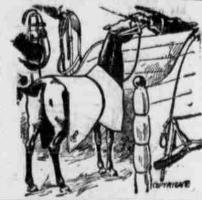
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# WILL SINK FOR WELLS

trake girls graceful and gracious

while the opposite qualities make her

days there was plenty of playground space, so that the whole school could

be turned out into the yard and have

a good romp for fifteen or twenty minutes. A school in the crowded

city with one, two, three, or even four

thousand pupils cannot possibly do this. The limitations of playground

space are absolute. The great games

which have been played from time

immemorial by school children cannot

be played because the space conditions

Children are obliged to sit at the

school desk approximately five hours

a day. Their arms are forward much

of the time, they are looking down and they are quiet. Even if we could give them the old fashioned recess, this

would not counteract the effects of the

school desk. It has been shown many

times that special exercises are need-

every endeavor more difficult. School physical training aints

ive to each boy and girl

possible, these qualities.

have been altered.

ON THE PLAINS. A number of locations have been made on the plains east of Las Cru made on the plains east of Las Cru
ces, and we may soon expect to hear
of a number of wells being sunk. The
land on the plains is as rich as that
in the valley, and as it has been
proven that there is a large under there will be no difficulty for capitalists to bring it to the surface. This,

ley.-Las Cruces Citizen.

AND TWO HORSES. partly to see the great Pecos valley. An officer of Otero county, Colorado, and will make quite a visit here. was in Clayton, Union county, last week and arrested Arthur Allen, a boy STORAGE RESERVOIR IN about fifteen years old, who in com-

ton, where the officer arrested him.

WANT GROUND FOR

the Santa Fe Central railway, is, in receipt of a letter from the Reverend J. G. Ruoff, of Estancia, informing him that the members of his church are contemplating erecting a fine place of worship in that town, and asking for Mr. Diebert's assistance in the matter says the New Mexican. Reverend

Allen's Lung Balsam Will positively Cure deep-seated Coughs, Colds and all Bronchial troubles past relief by other means. \$1.00, 50c, and 25c, per bottle.

X-X-X-X-X-X-X-X-X-X Ruoff's letter states that there is a places had he found the conditions crying need of churches in Estancia sought for, but when he came here and that all the assistance that can and looked our town over, he found possibly be obtained is needed to get the ideal place he was looking for, the people awake to the fact that at and right here he located Mr. Coggins

To strengthen the arms, legis

back and lungs

edifices in which to worship. SUPERINTENDENT HADLEY

County Superintendent of Schools recovery of one affected v. J. M. Reed is in receipt of a letter losis.—Deming Headlight. proven that there is a large under vember 24, for the purpose of giv-flow of water at the depth of 250 feet, ing an address on education, says the bigh school auditorium. Mr. Hadley ernor Miguei A. Otero: E. F. Philone of the foremost educators west when once started, will more than treble the products of the Mesilla valf the Mississippi river, having held arious important positions in some of he leading colleges of the southwest, county

Jarge crowd. Mr. Hadley is coming

WHITE OAKS CANYON. Capt. Fred G. Plummer, of the with having stolen a wagon and two United States engineer corps, spent sorses from a ranch near La Junta. several days in White Oaks and adja-They sold the wagon and harness to cent sections last week in the interest Jeremiah Ryan on the McKenzie ranch of the desert reclamation service, says and the horses they sold at Kenton, the Outlook. He was here collecting Okiahoma. Allen's partner escaped data as to rainfall, area of water with the money, leaving Allen at Clay-sheds and location for storage reservoirs. The Outlook learns from good authority that Capt. Plummer reports that he found the most extensive wa-CHURCH BUILDING, ter sheds and best supply of water in Frank Diebert, assistant treasurer of the valley between Patos, Carrizo and Lone mountains, and the most feasble location for a storage reservoir passed the civil service examination in White Oaks canyon. The site for and is a new appointee. Mrs. Brad-

the dam is some distance below the ford will be housekeeper at the Pu-

DEMING THE "BOSS" During the first of the week Dr. L. eral years, and has made a very satisved in this city with a patient, J. A. and promoted to the position of stenng troubled with tuberculosis. Dr. well deserved. ison stated that he had visited Roswell. Tucumcari, Alamogordo, Santa Spend your leisure time at the pool Fe. Albuquerque and Silver City be- ball at No. 115 West Railroad aveore coming here, and at none of these nue.

TILLIA Y TO THE PROPERTY OF THE PROPERTY OF THE WINDOW, A STATE OF THE PROPERTY OF THE WINDOW, A STATE OF THE WIND search as it was well known that that place was too high, and other condi-WILL SPEAK AT ROSWELL, tions were entirely unsuitable for the recovery of one affected with tubercu- eral weeks' treatment.

### OFFICIAL MATTERS

Notaries Public Appointed.

lips, Artesia, Eddy county: J. T. Evans, Roswell, Chaves county; Allie Public Funds Received.

been appointed the past week by Gov-

come, \$579.06; Agricultural College income \$186.40; Palace income \$252;

ome \$210,05; Pedro Perea insurance funds \$156. Total amount received to date \$6,292.39. U. S. Indian School Appointments. Miss Fiorence Fithian of Dexter, Missouri, has been appointed teacher at the United States Indian training school in Santa Fe, and entered upon her duties November 7th. She has

Asylum income \$33.60; Insane Asylum

ncome \$52; Water reservoir income

\$1,454.68; public buildings at capital

Miss Gertrude Perris, who has been CONSUMPTIVE CLIMATE. a teacher at the United States Indian training school at Santa Fe for sev-Allison, of Brownville, Texas, are factory record, has been transferred oggin for whom he was looking for ographer and assistant clerk at the sultable place to locate, Mr. Coggin same school. The promotion is very